

# Julies Cranberry Chutney

**Makes:** 12 Servings

This easy and delicious recipe for cranberry chutney is a great alternative to cranberry sauce. It's healthier than traditional cranberry sauce - with more fruit and vegetables, and half the sugar. The finished product has a great sweet-tangy flavor, and makes a great side dish to serve with roasted turkey, chicken, or pork. Or, for something different, try serving it with low-fat yogurt!  
~Julie, CNPP Nutritionist

## Ingredients

**12 ounces** whole, fresh cranberries  
**1 cup** water  
**1** Juice of one orange  
**1/2 cup** sugar  
**1** Granny Smith apple (chopped)  
**1** small onion (chopped)  
**1/4 cup** apple cider vinegar  
**1/4 teaspoon** red pepper flakes  
**1/4 teaspoon** garam masala  
**1/2 cup** chopped walnuts

## Directions

1. Combine all ingredients in a pot and bring to a boil.
2. Cover with a lid and reduce heat to low.
3. Simmer for about 30 minutes, stirring occasionally.
4. Remove from heat and let chutney cool slightly.
5. Place in the refrigerator to cool completely.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>90</b>	
Total Fat	3 g	5%
Protein	1 g	
Carbohydrates	15 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	2 mg	0%

## MyPlate Food Groups

Fruits	1/4 cup
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